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~Spring 2015 Schedule | April 6th - June 26th~

(415) 750-2226


| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | | |
|-------------|---|---|---|--|--|--|--|---|---|--|--|
| 9:00 - 9:45 | Independent Living Skills  Karen/Amy GA-41/ V-TEL | Committing to Life  Jen/Richard GA-39 | Optimal Wellness Living  G GA-41/ V-TEL | Cognitive Behavior Social Skills Training  Maddie/Elena GA-39 | Veterans Community Council  Maisie/G GA-41/ V-TEL | 8 Dimensions of Wellness  Karen/Stephanie GA-41/ V-TEL | Medications & Recovery  Sara/Mary GA-39 | Techniques in Role Recovery  Matthew/Kacey GA-41/ V-TEL | Dual Recovery  Amy/Jackie GA-39 | | |
| | Peer Support  Matthew GA-41/ V-TEL | Meditation for Recovery  Mary/Jackie GA-39 | Orientation I  by appt. GA-41/ V-TEL | WRAP  Heather/Matthew GA-39 | WRAP & Roll  Dan/Jackie GA-41/ V-TEL | My Recovery Story  Stephanie/Jennifer GA-39 | Reconnecting with the Community  Jackie/Amy GA-41/ V-TEL | Social Skills Training  Sara/Kacey/Heather GA-39 | Orientation II  by appt. GA-41/ V-TEL | Man in Society  Michael/Matthew GA-39 | |
| | Skillful Emotions  Elena/Maisie Matthew GA-41/ V-TEL | Recovery 101  Kacey/Jackie GA-39 | Wellness Management  Maddie/Jackie GA-41/ V-TEL | Recovery in Young Adulthood  Elena GA-39 | Speaking of Smoking  Amy/Zlatena GA-41/ V-TEL | Ending Self Stigma  Dan/Elena GA-39 | Reading for Recovery  Michael/Karen GA-41/ V-TEL | Relationship Lab 11:00 - 12:15  Richard/Jasmine GA-39 | Psychosis Support Group  Nick/Brandon GA-48 | Mindful Photography  Richard/Jasmine/Mariah GA-41 | CBT for Distressing Thoughts & Voices  Elena/Maddie GA-39 |
| | Women Create 12:00 - 1:15  Cait/Miya GA-41/ V-TEL | | | | | | | | | | |
| 12:00-12:45 | | | | | | | | | | | |
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| 1:00-1:45 | | | | | | | | | | | |
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| | | Art Guild 12:15 - 1:00  Cait/Mariah/Richard GA-41/ V-TEL | | | | | | | | | |
| | | Art Therapy 1:00 - 2:00  Cait/Mariah/Richard GA-41/ V-TEL | | | | | | | | | |
| | | My Creative Life 2:00-3:00  Cait/Mariah/Richard GA-41/ V-TEL | | | | | | | | | |
| | | Family Support 6:00-8:30 *register* Contact Maisie (415) 221-4820 EXT. 3139 | | | | | | | | | |
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V-TEL/Community Class Schedule

~Spring 2015 Schedule ~ April 6th-June 26th~

| V-TEL PRRC CLASSES | | | | | |
|---|--|---|---|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| Independent Living Skills  Karen/Amy 9:00—9:45 | Optimal Wellness Living  G 9:00-9:45 | Veterans Community Council Maisie/G 9:00-9:45 | 8 Dimensions of Wellness Karen/Stephanie 9:00-9:45 | Techniques in Role Recovery  Matthew/Kacey 9:00-9:45 | |
| Peer Support  Matthew 10:00-10:45 | Orientation I  By Appt. 10:00-10:45 | WRAP & Roll  Dan/Jackie 10:00-10:45 | | Orientation II  By Appt. 10:00-10:45 | Man in Society Michael/ Matthew 10:00-10:45 |
| Skillful Emotions  Elena Maisie/Matthew 11:00-11:45 | Wellness Management  Maddie/Jackie 11:00-11:45 | Speaking of Smoking  Amy/Extern 11:00-11:45 | Reading for Recovery  Michael/Karen 11:00-11:45 | | |
| Women Create  Cait/Miya 12:00-1:15 | Art Guild  Cait Mariah/Richard 12:15-1:00 | | | | |
| | Art Therapy  Cait Mariah/Richard 1:00-2:00 | | | | |
| | My Creative Life  Cait Mariah/Richard 2:00-3:00 | | | | |
| | | Story Corps  Jasmine/Richard 12:30-2:00 | | | |

Story Corps



Jasmine/Richard
12:30-2:00

| CLASSES IN THE COMMUNITY | |
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| WEDNESDAY | FRIDAY |
| Recovering Yourself Through Music, Art, Drama, Dance & Drumming** 150 Otis St., SF Dan 1:30-2:30 PM | Writer's Workshop ILRC 825 Howard St. SF btwn 4th & 5th 1:00-2:00 PM |

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| Veterans TV Project BAVC** <u>3rd Weds. of the month</u> 2727 Mariposa SF Dan 1:30-2:30 PM | Resilience in Motion (RESMO) 2:00-2:45 PM |
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| ALL VETERANS WELCOMED **Call Dan Evenhouse or PRRC to verify the next class date. | Photography Class Sixth on Seventh Gallery 105 Seventh at Mission 2:45-4:00 PM |
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**Dan Evenhouse,
Director of
Community Based Services:
(650) 615-6019**